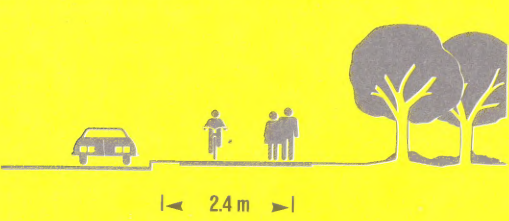


What is a Bikeway?

Class 1: Bike Path

An exclusive path in its own right-of-way specifically designed for cyclists and pedestrians. They are located in areas where it is possible to prohibit motor vehicle traffic. This type of bikeway can be provided within rights-of-way of existing roads if space permits as well as through parks and recreation areas.



Class 2: Bike Lane

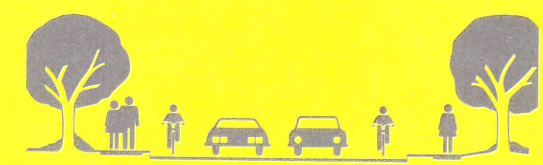
A physically delineated portion of an existing roadway designed for the exclusive or semi-exclusive use of bicycles. Separation is achieved by either providing a "bikes only" lane painted on the street or by providing a

physical barrier separating the different modes of transportation. The bike lane can be on either one side or both sides of the roadway.



Class 3: Bike Route

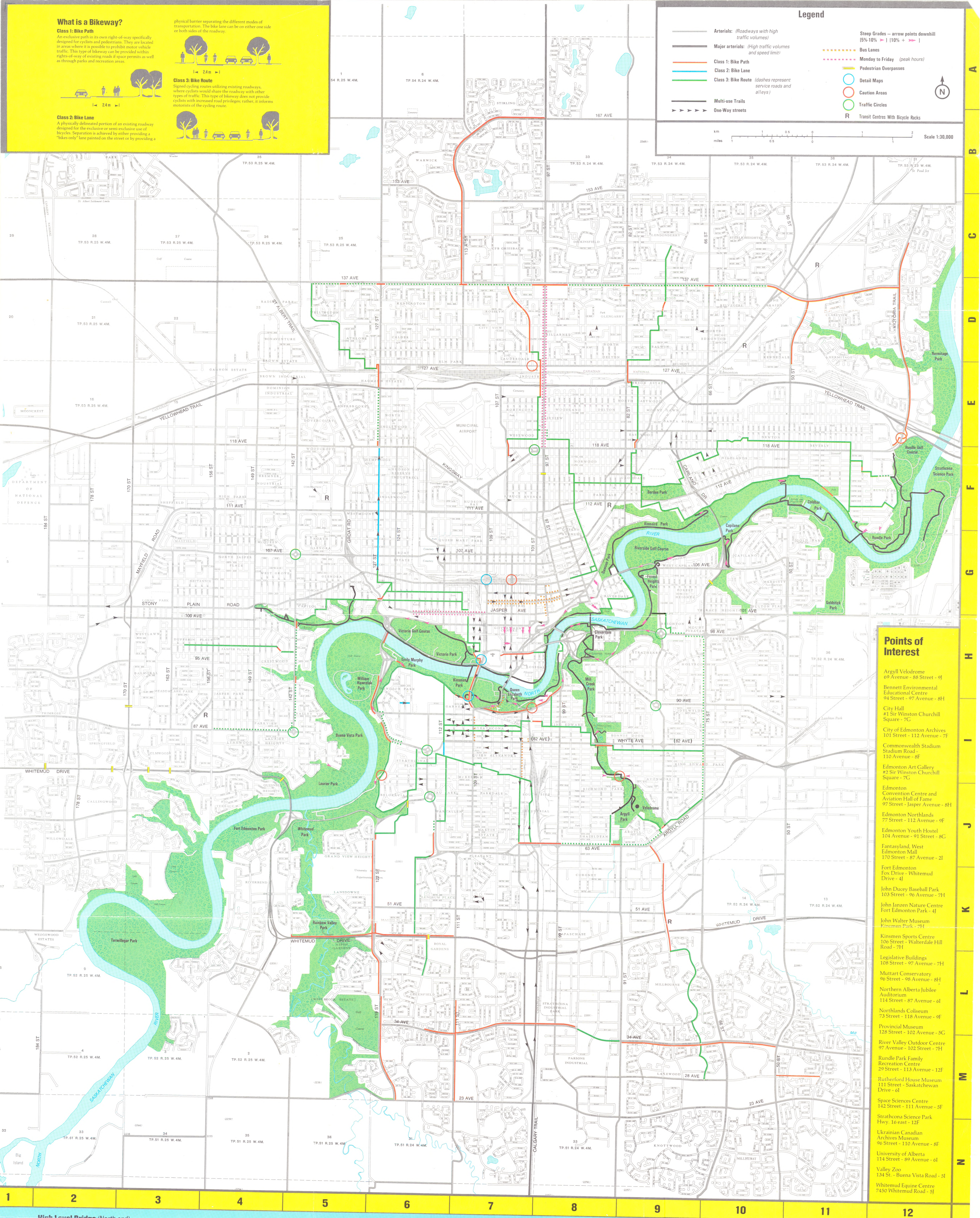
Signed cycling routes utilizing existing roadways, where cyclists would share the roadway with other types of traffic. This type of bikeway does not provide cyclists with increased road privileges; rather, it informs motorists of the cycling route.



Legend

- Arterials: (Roadways with high traffic volumes)
- Major arterials: (High traffic volumes and speed limit)
- Class 1: Bike Path
- Class 2: Bike Lane
- Class 3: Bike Route (dashes represent service roads and alleys)
- Multi-use Trails
- One-Way streets
- Steep Grades - arrow points downhill (5%-10% - 10%+ - 1)
- Bus Lanes
- Monday to Friday (peak hours)
- Pedestrian Overpasses
- Detail Maps
- Caution Areas
- Traffic Circles
- R Transit Centres With Bicycle Racks

Scale 1:30,000



Points of Interest

- Argyll Velodrome
69 Avenue - 88 Street - 9J
- Bennett Environmental Educational Centre
94 Street - 97 Avenue - 8H
- City Hall
#1 Sir Winston Churchill Square - 7G
- City of Edmonton Archives
101 Street - 112 Avenue - 7F
- Commonwealth Stadium
Stadium Road - 110 Avenue - 8F
- Edmonton Art Gallery
#2 Sir Winston Churchill Square - 7G
- Edmonton Convention Centre and Aviation Hall of Fame
97 Street - Jasper Avenue - 8H
- Edmonton Northlands
77 Street - 112 Avenue - 9F
- Edmonton Youth Hostel
104 Avenue - 91 Street - 8G
- Fantasyland, West
Edmonton Mall
170 Street - 87 Avenue - 2I
- Fort Edmonton
Fox Drive - Whitemud Drive - 4J
- John Ducey Baseball Park
103 Street - 96 Avenue - 7H
- John Janzen Nature Centre
Fort Edmonton Park - 4J
- John Walter Museum
Kinsmen Park - 7H
- Kinsmen Sports Centre
106 Street - 96 Avenue - 7H
- Legislative Buildings
108 Street - 97 Avenue - 7H
- Mutari Conservatory
96 Street - 98 Avenue - 8H
- Northern Alberta Jubilee Auditorium
114 Street - 87 Avenue - 6I
- Northlands Coliseum
73 Street - 118 Avenue - 9F
- Provincial Museum
128 Street - 102 Avenue - 5G
- River Valley Outdoor Centre
97 Avenue - 102 Street - 7H
- Rundle Park Family Recreation Centre
29 Street - 113 Avenue - 12F
- Rutherford House Museum
111 Street - Saskatchewan Drive - 6I
- Space Sciences Centre
142 Street - 111 Avenue - 5F
- Strathcona Science Park
Hwy. 16 East - 12F
- Ukrainian Canadian Archives Museum
96 Street - 110 Avenue - 8F
- University of Alberta
114 Street - 89 Avenue - 6I
- Valley Zoo
134 St. - Buena Vista Road - 5I
- Whitemud Equine Centre
7450 Whitemud Road - 5J

High Level Bridge (North end)

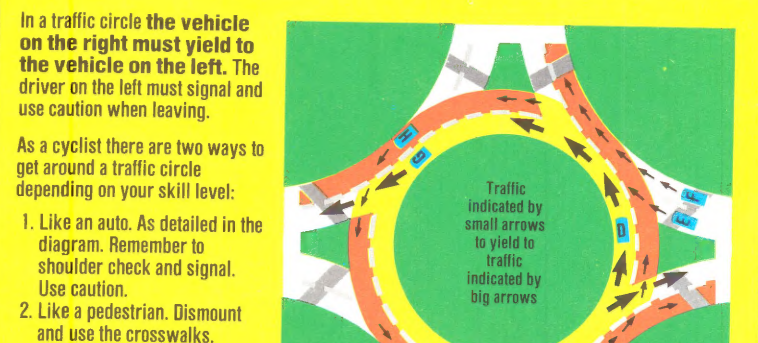
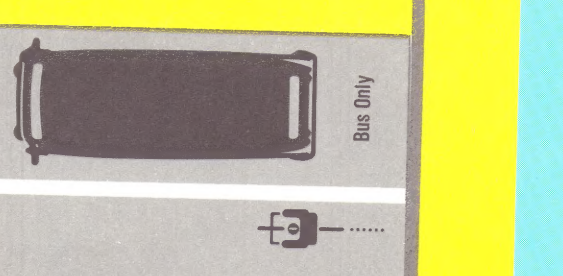
High Level Bridge (South end)

109 Street Tunnel

Traffic Circles

Dealing with Buses

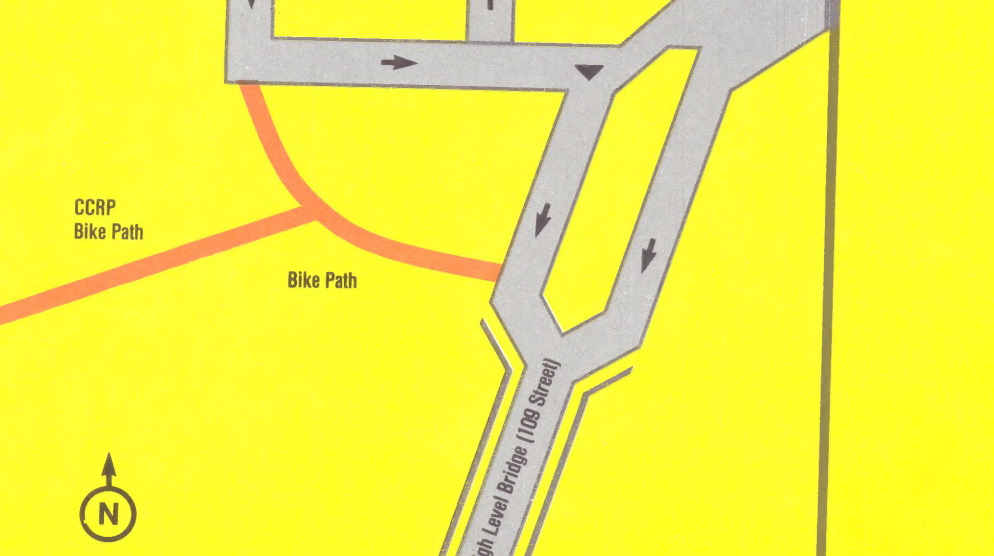
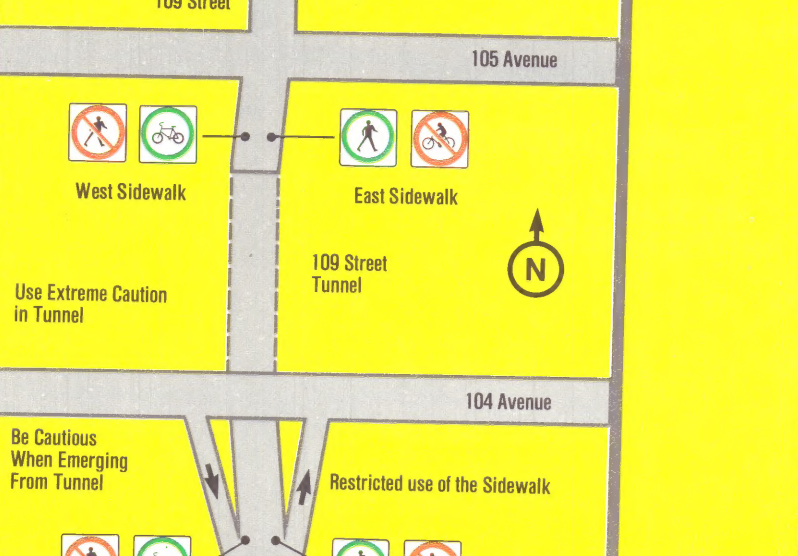
- Bikes cannot use Bus Only lanes. Stay to the right of the nearest available through lane or choose another route.
- Stay out of the Bus Driver's blind spot.
- Pass buses only on the left.



In a traffic circle the vehicle on the right must yield to the vehicle on the left. The driver on the left must signal and use caution when leaving.

As a cyclist there are two ways to get around a traffic circle depending on your skill level:

- Like a car. As described in the diagram. Remember to shoulder check and signal. Use caution.
- Like a pedestrian. Dismount and use the crosswalks.





Wear an Approved Cycling Helmet
Approved cycling helmets meeting ANSI, Snell and/or CSA standards are widely available. Head injuries result in over 75% of cyclist fatalities. **HELMETS SAVE LIVES.**

Cycling Associations
Edmonton Bicycle Commuters
To improve conditions for the cycling commuter. To encourage the use of the bicycle as a mode of transportation. The EBC offers a bicycle registration service and a bike repair facility.
Edmonton Bicycle and Touring Club
To bring together individuals who share an interest in cycle touring.
Alberta Bicycle Association
The Alberta Bicycle Association is the provincial governing body for all forms of bicycle racing, and is affiliated with the national Canadian Cycling Association. There are a number of racing clubs in and around the Edmonton area that are suitable for a wide variety of age groups and skill levels. Contact the ABA at 453-8518 for further information.

Contact the River Valley Outdoor Centre at 428-3033 for current association contacts.

Riding on Sidewalks is not Permitted
except where the wheel diameter of the bike is 50 cm or less or, where it is permitted through legal designation and appropriate signing. In the above situations, cyclists must always yield to pedestrians. Use caution and courtesy—many pedestrians have been injured by careless cyclists. Slow down, give an audible warning and leave plenty of room when passing.
Be very careful when riding off the sidewalk and onto the roadway. Watch for vehicles and always yield to their right of way.

Ring That Bell
Warn pedestrians of your approach, especially on multi-use trails and shared sidewalk facilities. Pedestrians always have the right-of-way, and should be treated with courtesy. **DO AS YOU WOULD BE DONE BY!**

Edmonton Bicycle Registration
The Edmonton Bicycle Commuters in co-operation with the City of Edmonton Police Department encourage you to register your bicycle. This service is aimed at increasing the number of recovered bicycles being returned to their rightful owners. Call 423-2453 for more information.

Road Hazards
Watch out for common hazards such as:
- loose gravel
- potholes/cracks
- broken glass
- puddles (which often hide potholes)
- leaves
- slippery pavement
- sewer grates

Repairs or clean up of these problems are normally done on a complaint basis. Call the Roadway Trouble Line at 428-5051.

Use Lights at Night
The law requires you to use both a front and rear light, AND a rear red reflector when riding at night. **SEE AND BE SEEN!**

Cyclist Education Contacts
For information on cyclist education programs contact the following agencies:
* Parks and Recreation Department
South East District 428-5888
River Valley Outdoor Centre 428-3033
* Edmonton Police Service (Traffic Education Unit) 421-3556
* Edmonton Safety Council (Pedal Pushers) 421-9999

* Edmonton Public School Board (Bennett Centre) 468-1438
* Alberta Transportation 427-7914
* Alberta Motor Association 474-8785
* Alberta Cycling Association 453-8518
* Edmonton Bicycle Commuters 433-2453
* Edmonton Bicycle and Touring Club 424-2453

How to Ride in Traffic

- Obey Traffic Signs and Signals**
In order to be taken seriously, cyclists must obey the rules of the road.
- Never Ride Against Traffic**
Motorists aren't looking for cyclists on the wrong side of the road.
- Use Hand Signals**
Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-turn situations, an oncoming right turn is more visible to those behind you.
- Ride in a Straight Line**
Whenever possible, ride in a straight line. In the right of traffic at least a car door's width away from parked cars.
- Don't Weave Between Parked Cars**
Don't ride out to the curb between parked cars. Motorists may not see you when you try to move back into traffic.
- Ride in Middle of Narrow Lane or When Traffic is Slow**
The Highway Traffic Act Section 146(2) indicates a cyclist should ride as near as practicable to the right hand curb or edge of roadway. In narrow lanes or slow traffic it may be practicable to ride in the middle of the lane to be more visible.

Follow Lane Markings
Don't turn left from the right lane. Don't go straight or straight on a lane marked right-turn only.

Choose Best Way to Turn Left
There are 2 ways to make a left turn. 1) Like a car. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across.

Don't Pass on the Right
Motorists may not look for or see a cyclist passing on the right.

Use Caution on Sidewalks and Shared-Use Facilities
Where permitted by signs to use a sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach.

Make Eye Contact with Drivers
Assume they don't see you until you see them do. Watch for cars pulling out.

Scan the Road Behind
Learn to look back over your shoulder without losing your balance or slowing left.

Avoid Road Hazards
Watch out for parallel-slab sewer grates, oily pavement, slippery manhole covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.

Keep Both Hands Ready to Brake
You may not stop in time if you brake with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.

Watch for Chasing Dogs
Ignore them, or try a firm, loud "NO!" If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with a dog, or with a vehicle while trying to avoid the dog.

Keep Bike in Good Repair
Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.

Use Lights at Night
Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and light-colored clothing with reflective tape for extra visibility.

Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and comfortable foam lining.

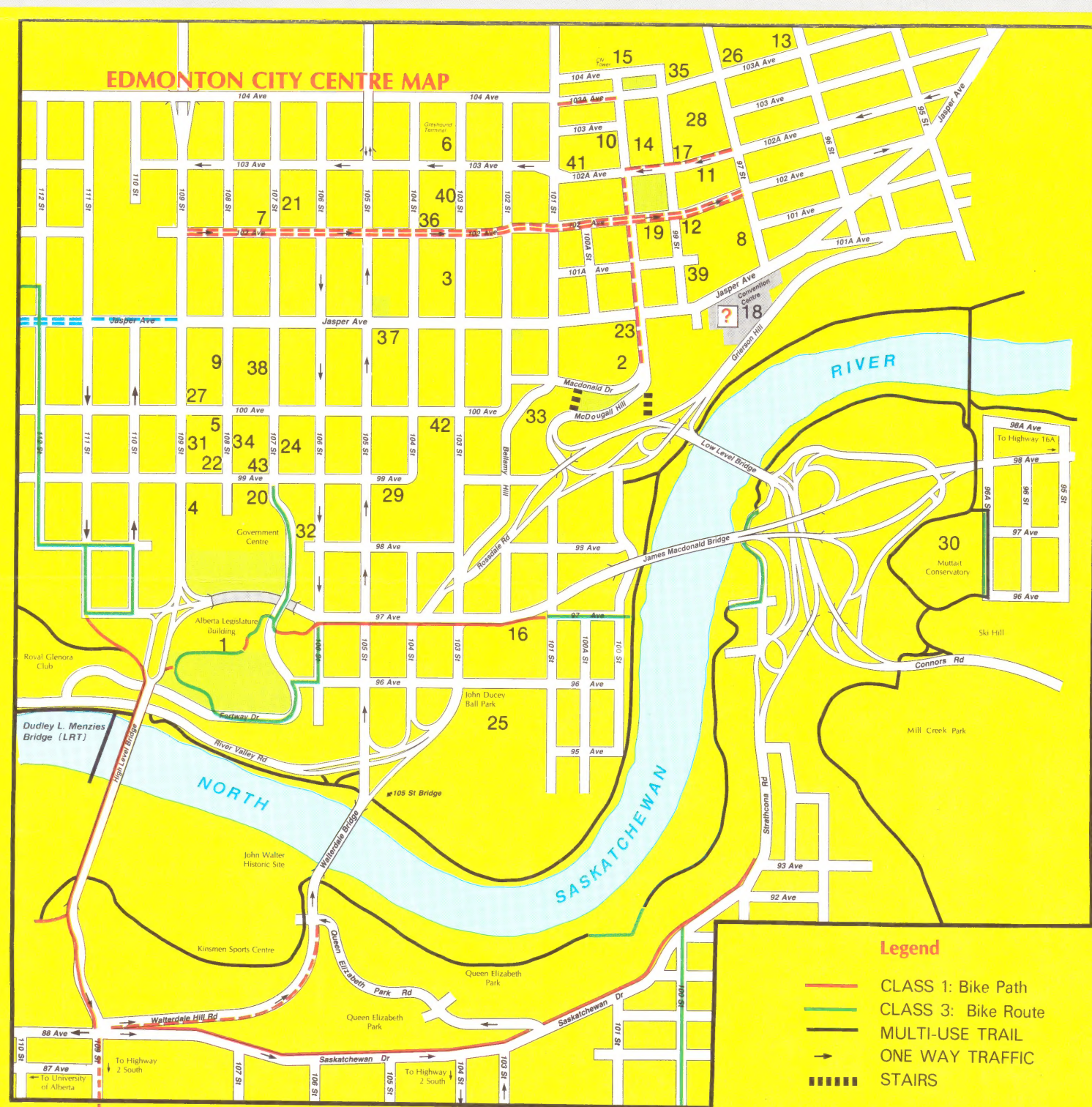
Use Pack or Rack
Saddbags, racks, baskets, small backpacks are all good ways to carry packages. Tie your hands for safe riding.

Lock Bike When You're Gone
Lock up to a bike rack or other immovable object. Locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Police Department.

Never Wear Headphones when Riding
Being able to hear approaching traffic is an essential part of safe riding—listen up!

Watch for Others on the Trail
Paved pathways are shared by cyclists, joggers and pedestrians. When approaching others, use a bell or a horn as a warning.

Stay on Paved Trails
Cycle on the paved pathways only. Cyclists are not permitted on gravel hiking trails. Hiking trails are for pedestrians only.



- MAJOR BUILDINGS/POINTS OF INTEREST IN THE CITY CENTRE**
1. Alberta Legislative Building
 2. Alberta Telephone Tower (Vista 13)
 3. Beaver House Gallery
 4. Bowker Building (P)
 5. Brankin Building (P)
 6. Bus Depot
 7. Canada Employment Centre
 8. Canada Place
 9. 44 Capital Boulevard (E)
 10. Centennial Building (E)
 11. Century Place (E)
 12. City of Edmonton Police Headquarters & Police Museum
 13. Citadel Theatre
 14. CN Tower (VIA Rail Station)
 15. CN Tower (VIA Rail Station)
 16. Donald Ross School
 17. Edmonton Art Gallery
 18. Edmonton Convention Centre
 19. Edmonton Public Library (Centennial)
 20. Federal Building
 21. Fire Station No. 2
 22. I.R.M. Building (P)
 23. Imperial Oil Building (Travel Alberta)
 24. Jarvis Building (P)
 25. John Dacey Ball Park
 26. John F. Browne Building (P)
 27. Kensington Place (P)
 28. Lee Courts Building
 29. MacKay Avenue School
 30. Muttart Conservatory
 31. North Street Building (P)
 32. Oxford Place (P)
 33. Park Square (P)
 34. Petroleum Plaza
 35. Post Office
 36. Revlon Building (E)
 37. Standard Life Centre (E, P)
 38. South West Plaza (P)
 39. Sun Life Place (Chamber of Commerce)
 40. The Boardwalk (E)
 41. Y.M.C.A.
 42. Y.W.C.A.
 43. Workers Compensation Building (P)

Bicycle Check List

Legally Required Equipment

- Adequate horn or bell
- Brakes must be capable of locking the braked wheel on dry, clean, level pavement.

Additional Equipment Mandatory for Night Time Operation

- Headlamp and red tail lamp lit, together with a red reflector to the rear.

Recommended Additional Equipment

- Basic Tool Kit/Patch Kit/Pump
- Helmet (ANSI, Snell or CSA approved)
- Safety Vest
- Bicycle Gloves
- Rack

Bicycle Quick Check
Before you start riding, you should inspect your bike. The mechanical part of the inspection consists of seven questions:
1. Are all parts fastened on tightly?
2. Are the tires fully inflated and free of cuts?
3. Are all rotating parts properly adjusted?
4. Will the brakes stop me quickly?
5. Do the gears change and drive properly?
6. Can I see and will I be seen if I ride at night?
7. Do I have the proper tools for making roadside repairs?

Remember! LIGHTS AT NIGHT

Traffic Signs
Obey all traffic lights.

All traffic control devices apply to bicycles as well as all other vehicles.

Obey all traffic lights.
STOP
Proceed with caution
Stop and put one foot on the ground at all STOP signs.
Give way to approaching traffic.
Proceed in this direction only NEVER RISE AGAINST THE TRAFFIC.
Do not enter.
Do not turn. It is illegal to do so.

Use permitted
Standard traffic signs permit or restrict the use of sidewalk facilities.
Your co-operation in obeying these signs is requested in order to avoid cyclist/pedestrian collisions which have, in the past, resulted in serious injury. Thank you.

Use prohibited
This sign indicates that cyclists and pedestrians must share the roadway. Cyclists must yield to pedestrians.

The sign indicates you are entering the Capital City Recreation Park.
Multiple-Use Trail Sign. Please be courteous to other users.
Directional signs to Edmonton Bikeways.
Park Trails are for pleasure riding. No racing. If you are interested in racing contact the appropriate clubs.
This is one of the standard signs for Edmonton Bikeways. This sign directs cyclists along a designated bikeway route and cautions motorists that it is a preferred cycling route.
Where there is a hazard or an obstruction along a bikeway, this sign may be posted to advise cyclists to dismount their bicycle and proceed on foot.

Crosswalks
Whenever using a marked and/or signal controlled pedestrian crosswalk, DISMOUNT and wheel across.

PEDESTRIAN



River Valley Park Trail Distances

The Park Trail Distance Chart provides approximate distances in kilometers between the main parks throughout the River Valley Parks System. These distances should be used as a guide when planning cycling routes in the River Valley.

To Use the Park Trail Distance Chart, first select your starting location from the left side of the chart. Next, determine the destination you wish to travel to and locate the corresponding letter on the top of the chart. The intersecting point gives the One Way distance between two locations in kilometers.

	A	B	C	D	E	F	G	H
A Kinsmen Park	—	4	9	5	10	12	14	16
B Cloverdale Park	4	—	5	2	7	9	10	12
C Argyll Velodrome	9	5	—	7	12	14	15	17
D Dawson Park	5	2	7	—	5	7	7	9
E Capilano Park	10	7	12	5	—	2	3	5
F Goldbar Community Park	12	9	14	7	2	—	1	3
G Rundle Park	14	10	15	7	3	1	—	2
H Strathcona Science Prov. Park	16	12	17	9	5	3	2	—

Emergencies, Concerns, Complaints

Edmonton Parks and Recreation in co-operation with the Edmonton Police Service and 'edmonton' telephones operates emergency service telephones called "BLUFONES", at various locations along the trail system in the river valley.

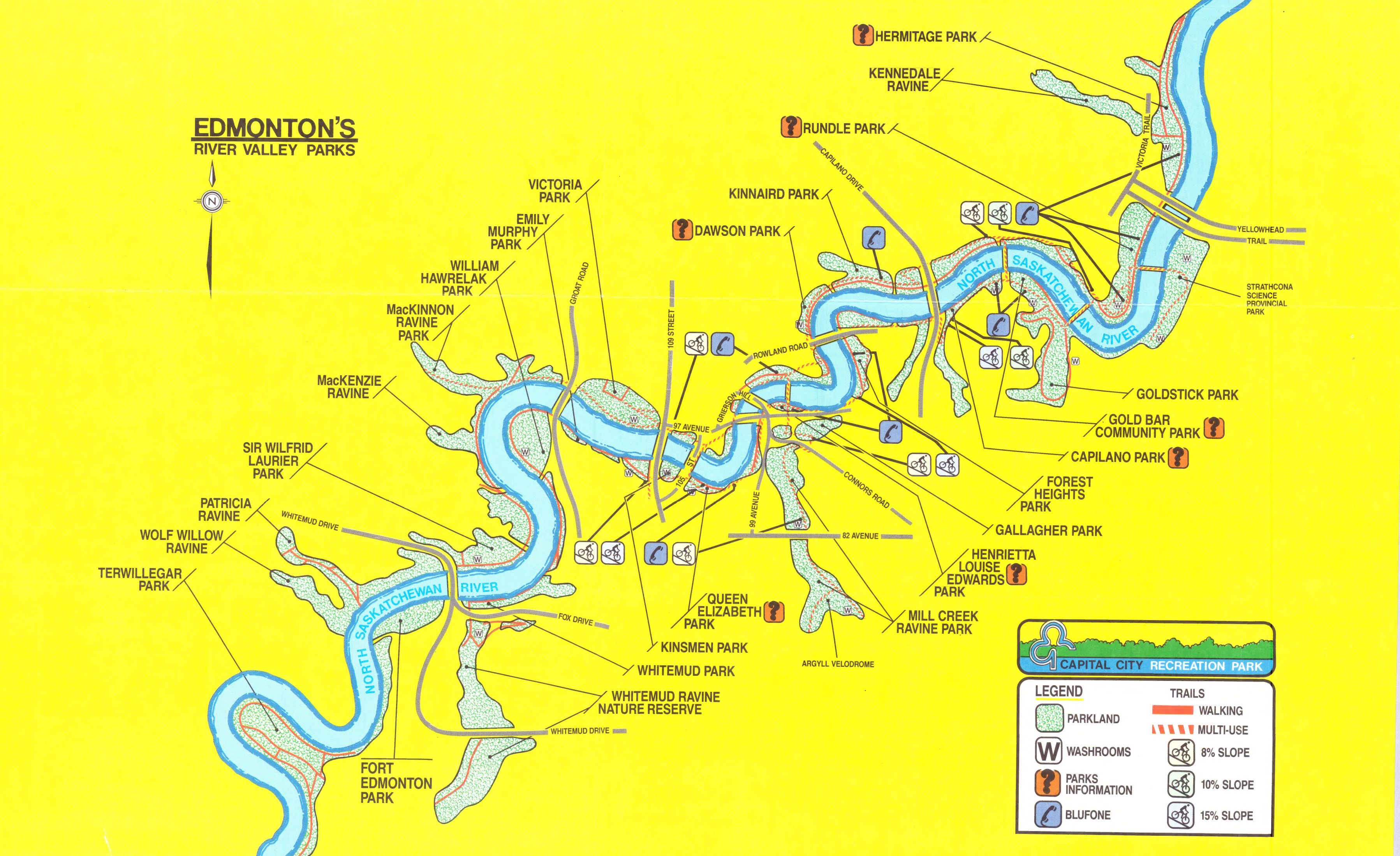
Use the "BLUFONE"

- * to get help in an emergency, or to report an accident (just lift the receiver for direct connection to Emergency services).
- * to report unsafe behavior or misuse of trails (direct connection with the Police Service). Please be prepared to describe the incident and report it promptly.
- * to report vandalism (direct connection with the Police Service).

Caution
The white and yellow raised "safety strips" across the trails are designed to warn users of upcoming sites that are potentially dangerous. Slow down and exercise caution.

- * to report any potential hazards on the trails that our Parks Maintenance crews can resolve.

This might include flooding, river bank instability, trees and branches obstructing trails, accumulation of garbage, etc. (direct connection with the Police Service and referral to Parks Maintenance.)



Suggested Cycle Tour Loops in Capital City Recreation Park

Capital City Recreation Park
16 km of parkland in the North Saskatchewan River Valley stretching from the High Level Bridge downstream to Hermitage Park. Funded through the Heritage Trust Fund, Capital City Recreation Park features 30 km of paved trail.

- * 7 km Kinsmen Park — Queen Elizabeth Park — Cloverdale Park (Muttart Conservatory) — Cloverdale Footbridge — Legislative Grounds — Kinsmen Park.
Panoramic view of City Centre with several picnic areas on route.
- * 7 km Rundle Park — Ada Boulevard — Capilano (50 Street) Footbridge — Rundle Park.
Family attractions and picnic areas. Contrasting views of steep river banks and wooded lowlands with numerous waterfalls and shorebirds.
- * 18 km Cloverdale Park (Muttart Conservatory) — Forest Heights Park — Capilano Community Park — Capilano (50 Street) Footbridge — Ada Boulevard — Dawson Park — Cloverdale Footbridge — Cloverdale Park.
Urban vistas give way to tall poplars, grasslands and cool spruce forest, home to squirrels and song sparrows.
- * 32 km Park Circuit — Kinsmen Park to Strathcona Science Provincial Park and return.
A complete day tour with numerous photographic viewpoints, rest stops and picnic areas. Capital City Recreation Park — a superb urban natural resource.